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Open season for flu bug



Public-health nurse Lil Marinko prepares to give a flu shot on Tuesday at the Middlesex-London Health Unit. The unit has declared an influenza outbreak after the number of cases rose in the past week. ANGELA MULLINS/METRO

Outbreak. Londoners urged to get shots, take extra steps to prevent infection



ANGELA MULLINS
angela.mullins@metronews.ca

Rest up and eat your veggies: The flu bug is biting into London.

The Middlesex-London Health Unit officially declared an influenza outbreak on Tuesday, after 11 cases were confirmed over the past week. A total of 15 cases have been reported this flu season.

London is not outside the norm. Several parts of Ontario are battling an outbreak, said Dr. Bryna Warshawsky, Middlesex-London's acting medical officer of health.

About 160 cases were reported across the province through Nov. 17. Nationwide, the number of reported cases is 430, which the Public Health Agency of Canada characterizes as "relatively low."

Flu season starts in November and continues through April. Outbreaks can happen at any point, Warshawsky said. "Sometimes we see flu

Know the difference

Cold vs. flu:

- A runny nose, watery eyes, sneezing, coughing and sore throat are common with both the flu and a cold.
- The flu can also cause fever, chills, body aches and fatigue. Nausea, vomiting and diarrhea are common in children, but not adults.

Sharp advice

It's not too late to get a shot, the health unit says.

- The last flu-shot clinic is 4 to 7 p.m. on Thursday at North Dorchester Optimist Youth Centre (1652 Richmond St., Dorchester).
- Shots are available on a walk-in basis at the Middlesex-London Health Unit (50 King St.) from 9 a.m. to 4 p.m. on Monday, Wednesday and Friday, and until 7 p.m. on the first and third Wednesday of each month.
- They're also available at some pharmacies and doctor's offices.

starting early in November, sometimes it's over Christmas, sometimes it's over the New Year (holiday)," she said. "This isn't the earliest we've seen, but it certainly is early."

Once a flu strain hits a community — influenza A, in London's case — it generally hangs around for about two months before petering out. There's always room for another strain — such as influenza B — to build strength and start clogging doctor's offices.

There's no way to know how harsh London's flu battle will be, but history does have a way of repeating itself.

"Our past experience has been that when we start in

November and December, we do see a more significant flu season," Warshawsky said.

People trying to ward off the bug are advised to get plenty of exercise, wash their hands frequently and avoid smoking.

More tips and regular flu updates are posted at healthunit.com.



Sunday drivers taking over?

London drivers continue to rank poorly compared to other Ontario cities

Idea city

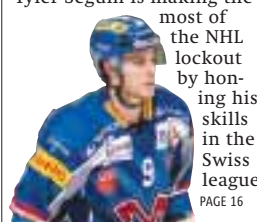
Londoners have responded with fervour to a call for proposals for the city's cultural-prosperity plan

They will Rock you

A slew of new restaurants in St. John's are putting Newfoundland on the foodie map

Swiss watch

Boston Bruins forward Tyler Seguin is making the most of the NHL



PAGE 16

Crash

Horse-drawn buggy hit by pickup truck

Two young men were seriously injured and a horse was put down when a horse-drawn buggy was hit by a pickup truck southeast of London.

The collision happened at about 6:30 a.m. Tuesday just north of Tillsonburg.

The 20-year-old buggy driver was airlifted to a London hospital with serious injuries, while his passenger, a 22-year-old man, was taken to a Tillsonburg hospital. The horse had to be put down due to the injuries it sustained.

The truck driver was not hurt. **THE CANADIAN PRESS**

Million Tree Challenge

Don't forget to register your trees

Have you planted a tree in London during the last two years?

Londoners are asked to get their newly-planted trees counted at million-trees.ca. Registering a tree at the site ensures it will be counted toward the Million Tree Challenge: Planting one million trees over the next 10 years. In preparation to announce the Forest City's progress toward this goal, Million Tree Challenge organizers are asking all Londoners to register their trees by Friday, Dec. 7.

METRO



London CANADA

Londoners are asked to get their newly-planted trees counted at milliontrees.ca. **METRO**

Online

For more local news go to metronews.ca



Charity event

Christmas concert to benefit pregnancy centre

The King's University College Chamber Choir will host a Christmas concert Friday at 7:30 p.m. with proceeds benefitting the London Crisis Pregnancy Centre.

Admission is by donation.

The concert will take place at Revera's Windermere on the Mount chapel (1486 Richmond St.)

This year's theme, Rejoice All You Nations, emphasizes the rich diversity that the King's community represents.

METRO

Police warning

Be wary of buying electronics from a van: OPP

Middlesex County, OPP are warning the public about buying electronics from a man in a minivan after a citizen advised police about an incident Saturday around Lucan Biddulph.

The person advised police that they purchased what they believed to be a high quality sound system from the man, for what they thought was a great price. But upon hooking up the system at home, they soon realized the quality was not what was promised.

METRO

Initiative to pitch ideas heats up

Excitement. Fontana 'enthusiastic' over ideas to improve city

The City of London's massive community idea-pitch initiative has been lifted off the back burner.

Out of the 49 ideas received from all corners of the local economy over the summer, 12 have met the criteria to move forward.

On Dec. 18, nearly a full year after discussion started up over how to evaluate such ideas, they will be officially presented.

This is around the time council hits its 2013 budget decision-making period.

At the investment and economic prosperity committee meeting on Tuesday, Mayor Joe Fontana told the city's director of corporate investments, Har-

Quoted

"There was a time when we didn't dream or think of what was possible in the City of London."

Mayor Joe Fontana

vey Filger, he's pleased with the prosperity brainstorm he's come across thus far.

"I, for one, am so enthusiastic over what I see," Fontana said. "There was a time when we didn't dream or think of what was possible in the City of London."

The proposals handed over for consideration are required — among other things — to create local jobs and generate wealth that stays within the community.

Two of them are hoping to achieve essentially the same

thing: A revamped/new concert hall.

The Grand Theatre, asking for a city-donated parking lot, is hoping to embark on a \$100-million expansion. The add-on, which would bring the facility's capacity to 1,200 seats, would not need help from the city in terms of direct funding.

Music London, on the other hand, is pitching a \$40-million concert hall that would hold between 1,200 and 1,400 people. That group is looking for a \$10-million commitment from the city.

Fontana, who noted competition in this manner is healthy, says a new concert hall in the city would have to serve multiple purposes, perhaps providing residency or retail space, as well.

Both concert hall pitches are among the presentations scheduled for Dec. 18.

JOHN MATISZ/METRO



All signs point to downtown

Downtown looms in the distance as a vehicle passes a new Wellington Road sign directing people to the core. The signs have been placed along major corridors — including Wellington, Wharncliffe and Oxford — and are aimed at visitors exiting the highway and leaving the airport. The effort, which cost about \$50,000, is part of preparations for March's World Figure Skating Championships at Budweiser Gardens. The signs are permanent, Tourism London general manager John Winston said. **ANGELA MULLINS/METRO**



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Switched vote. Fontana motion seems set to fail

It's passed at the committee level, but a symbolic motion asking Mayor Joe Fontana to step aside now appears destined for defeat when it heads for a final vote at council Dec. 11.

Much of the focus is centred around Coun. Denise Brown, who switched her vote at Monday's finance committee meeting. Just last Thursday, she said she supported asking the mayor to step down — hours after Fontana told a news conference he would not leave his job, despite facing RCMP charges.

When the motion came for a vote Monday at the finance committee meeting, however, Brown was the only member to vote against it. She said a lawyer



Denise Brown CONTRIBUTED

friend advised her it was not a legal motion.

Most observers believe without Brown's support, the motion will be unable to capture the eight votes necessary for a majority at council. **AM980**



A hairy issue

Western University student Jon Kozak, 23, of London, participates in an on-campus protest Tuesday to raise awareness about animal skins and fur used to make clothing. The protest was organized by Western Cares (Coalition for Animal Rights and Environmental Sustainability). **ANGELA MULLINS/METRO**

'The drivers are terrible here'

Collision study. Brockville had the fewest collisions, while London didn't fare so well



JOHN MATISZ
john.matisz@metronews.ca

London drivers continue to rank poorly when stacked up against fellow Ontarians, according to a study looking at the frequency of collisions.

The 2012 Ontario Safe Driving Study, released by Allstate Insurance Company of Canada on Tuesday, revealed that there have been 5.7 collision claims for every 100 cars — placing London 36th out of 46 communities in the province in terms of claims.

A local driving instructor, Eugene Ducharme of Buddy Driving School, is not surprised by the Forest City's poor standing.

"The drivers are terrible here," he said. "I'm not surprised by that (ranking) at all."

The good news? The city's collision claims rate is decreasing at a solid pace. It has dropped by 7.36 per cent since Allstate's last study.

There's been a 3.3 per cent reduction in collision claims for 2010-2012 since the previous report, covering 2008-2010.

"It's improving, so that's a good sign," said Lisa McWatt, Allstate's director of brand innovation, in regards to London's numbers in particular. "And London is a fairly big city — it's congested — so that's always going to be a challenge."

The province's five largest cities — Toronto (43rd), Ottawa (42nd), Mississauga (38th), Brampton (46th), and Hamilton (28th) — all sit near the bottom of the rankings.

Kitchener, widely viewed as a comparative city to London, is 15th on the list with a 4.49 per cent collision rate.

In terms of what's causing these collisions in places such as Kitchener and London, McWatt says there's a misconception that needs to be addressed.

"Typically, people think

The rankings

Collision rate per 100 cars according to the study (46 communities ranked):

1. Brockville (3.06%)
2. Welland (3.24%)
3. Chatham (3.27%)
4. Amherstburg (3.50%)
5. Sarnia (3.62%)
36. London (5.7%)
42. Ottawa (6.10%)
43. Toronto (6.12%)
44. Maple (6.14%)
45. Milton (6.32%)
46. Brampton (6.45%)

about weather patterns," she said. "But when you look at the data, more serious accidents happen when roads are cleared, which means it's driver controlled."

Distracted driving, she adds, is causing a great deal of collisions in Ontario.

"I think people are a little better with the texting thing as of late," McWatt said, "but I think people are still getting distracted by conversations in the car, eating, stuff like that."

Londoners respond

A recent Allstate poll placed London 36th out of 46 Ontario communities in terms of collision rate. We asked Londoners if the Forest City is a tough place to drive. Here's what you said:

Twitter

- @AlexnotAlecs: not so much tough, just frustrating. The amount of bad drivers who do not respect the people around them is the issue here.
- @iamleebowman: there's days I'd rather drive in Toronto. I've lost count of

how many times ppl have tried to merge into me without looking.

- @ImpatientViolet: we were hit twice in the span 4 months by morons (who were both charged) in #LdnOnt. Ridiculous!

- @mobroErik: yes, it's the drivers here that are terrible.

- DavidWinterPW: @mobroErik I was controlling Parking @ Shirwood Forest Mall for the Parade last week and Yes They do not listen to direction

Facebook

- Max Dow: also a horrible city to bike in
- Astrid M. Meyer: People just need to learn to drive & pay attention!!!
- Trevor Gavigan: nice stat, wasn't aware there were 46 communities in Ontario that are comparable to London. Way to go Allstate, try to justify your rates, with bogus studies. You mean the town with two intersections has a better collision rate than one of the provinces major cities? NOWAY!

That old black magic

Victim paid \$14K for fake witchcraft

Toronto police have charged a man who advertises his services in London with pretending to practise witchcraft.

Gustavo Valencia Gomez, 40, of Mississauga is also charged with fraud over \$5,000, false pretences over \$5,000 and possession of the proceeds of crime. Police say Gomez publishes a Spanish newspaper which advertises his services as a healer. It is alleged that a 56-year-old woman contacted Gomez for help with physical problems. Police say he used spells to convince the woman that she and her family were cursed and that he could remove the curse for money. They say the woman paid about \$14,000 for "various services." **THE CANADIAN PRESS**

Shine the Light

Falls to go purple

London's Shine the Light on Woman Abuse campaign has made its way to Niagara. Purple lights will adorn the waterfalls for three 15-minute increments on Dec. 6, designated as the National Day of Remembrance and Action on Violence Against Women. Purple, a sign of strength and courage, is the campaign's official colour. **METRO**

Howick Township

Man killed in collision ID'd

Huron County OPP have now identified a man who was killed in a collision between a pickup truck and transport truck in Howick Township on Monday.

Dan Dickson, 59, who was driving the truck, was pronounced dead at the scene. **AM980/AM980.CA**

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Young fan's green jersey made a school vice-principal see red

Grey Cup mix-up. It was a pep rally for the Stampeders' big date, but 13-year-old student turned up in a Roughriders jersey



JEREMY NOLAÏS
Metro in Calgary

It all started with a Saskatchewan Roughriders jersey.

It ended with Calgary's Catholic school district apologizing to one of its students and her parents.

Because the student, Alesandra Behr, was temporarily withheld from a Grey Cup pep rally for wearing that Roughriders jersey.

Behr, 13, said the vice-principal at her school in the city's northwest initially told

Quoted

"She should be allowed to express herself freely."

Alesandra's father, Jason Behr

her she would be barred from the festivities last Friday unless she changed.

"I thought it was really stupid," Behr said.

She estimated she spent 45 minutes in the principal's office before the whole affair was sorted out.

"I don't feel like it's right, what they did ... they say stand up for what you believe in, and when they tell you that's not right, you feel like you have done something wrong," Behr said.

After learning what had happened, the school's principal intervened "immediately" and Behr was allowed to participate for the entire duration of the pep rally, said Catholic school spokesperson Janet Corsten.

"It was a temporary, misguided judgment on the part of the staff member at the school," Corsten said.

"It was corrected immediately by the principal ... most importantly, all students were able to fully participate in the rally."

Behr said she did miss preparations for the event, which was attended by a local television news station, including the choreographing

A family affair

Alesandra Behr says she was born and bred a Saskatchewan Roughriders fan.

- **Oh, Dad!** Her father, Jason, has held Calgary Stampeders season tickets for 13 years.
- **Hush!** Alesandra's parents asked that the name of her school and its vice-principal be withheld as they wanted to avoid personal attacks.

of a pro-Calgary Stampeders dance routine.

Behr's parents were quick to commend the school for resolving the matter and apologizing.

But her father, Jason, maintains the misunderstanding should never have occurred in the first place.

"She wasn't violating the dress code or anything," he said.

Behr, meanwhile, said she has given no thought to trading in her green-and-white Riders garb for the Stampeders' red.



Alesandra Behr says she was born and bred a Saskatchewan Roughriders fan — and here she wears that iconic green jersey with pride. (That rally, of course, didn't help the Stampeders win the cup.) JEREMY NOLAÏS/METRO IN CALGARY

Twitter must address privacy fears, MP says

Tweet this, Twitter fans.

NDP MP Charlie Angus says Canadians need to know more about how the social media giant protects their privacy.

Angus publicly quit using the microblogging site earlier this year, likening it to being badgered by a drunk on a 24-hour bus ride.

But he says a House of Commons study on privacy and social media requires the company's input.

A Commons committee decided last May to study the steps being taken by social media companies to protect the personal information of Canadians.

It followed high-profile interventions by Canada's privacy commissioner on the use of personal data by sites like Google and Facebook.

Both companies have appeared before the committee, but NDP MP Charmaine Borg says Twitter refused.

The company couldn't be reached for comment.

The committee has now agreed to send a formal let-



Charlie Angus has given up using Twitter. SEAN KILPATRICK/THE CANADIAN PRESS

ter asking Twitter to testify.

Angus said Google and Facebook have supported the study, but the committee needs to go further.

"We're not going to have a full sense unless we have the main players," said Angus. "We need Twitter."

The motion to formally call Twitter to testify came after a representative from Facebook took committee members through that company's privacy policies.

Facebook's relationship

with Canada's privacy commissioner, Jennifer Stoddart, is robust, said Robert Sherman, manager of privacy and public policy for the social networking giant.

"We found that we have had a very positive relationship with her office and have been able to discuss many of the issues and products that we've been (introducing) with her office and get their feedback," Sherman said.

THE CANADIAN PRESS

Murder charges. 'Deep down I had a feeling,' London mother says

Kathleen McCartney didn't want to believe it could be him.

But the mother of murder victim Christina Cline, originally from London, says when she learned Saturday night her daughter's ex-fiance and father of her three children was being charged in her killing, it didn't come as any real surprise.

"I didn't want to believe it, but deep down I had a feeling," Cline told Metro by phone from her London home.

Dustin Brian Hales and his wife, Victoria Ann Weir-Hales, are each charged with first-degree murder in the killing of Cline.

Her body was found by a man walking in Halifax's Shubie Park on Nov. 19, 2011.

Hales and Cline were together for about 10 years, and had three children, now aged eight, nine and 10.

Cline met Hales while she lived in London and McCartney says the two moved to Halifax when she was about 18.

McCartney says Cline was



Christina Cline had thought about moving back to London, her mom says. CONTRIBUTED

looking to move back to London and wanted to bring her three kids with her.

Hales, she says, wasn't happy about the idea, and a court order was issued preventing Cline from taking the kids outside Nova Scotia.

Hales and his wife were first arrested last year and questioned but later released.

"We didn't have the evidence, but now we do," said Halifax Regional Police spokesperson Const. Pierre Bourdages. "It's a complex investigation."

PHILIP CROUCHER/METRO IN HALIFAX

Sperm donor case

Her dad's identity stays hidden

The B.C. Court of Appeal has thrown out an earlier decision that sided with a woman who wanted to know the identity of her sperm donor father.

Olivia Pratten wanted offspring like herself to be treated the same as people who are adopted.

But the court ruled there is no legal right for offspring to know their past and providing such information would amount to state intrusion into many people's lives.

THE CANADIAN PRESS

Two women died

Elliot Lake probe gets secrecy plea

The owners of a mall that collapsed in Elliot Lake, Ont., killing two women, are asking a public inquiry to keep some of their documents secret.

A similar request has come from an engineering association related to disciplinary measures taken against two engineers. THE CANADIAN PRESS

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Market Minute

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TSX
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OIL
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Parking spots are Hong Kong's newest investment craze

Speculation. This past weekend, buyers paid up to \$167K per space

Investors looking for new places to park their cash in Hong Kong are driving up prices for parking spaces, sparking fears of a bubble in the Asian financial centre.

Prices for parking spots in Hong Kong are nearing historic highs, the side effect of government curbs to cool the housing market amid worries of overheating following the latest round of monetary stimulus in

the U.S. last month.

There are "a lot of speculators in the market, especially for car parks," said Buggle Lau, senior analyst with Midland Realty. A bubble is "definitely forming."

Over the weekend, a developer sold about 500 parking spots at a new suburban apartment complex at prices of up to about \$167,000 per space.

In a commercial building near the city's financial district on Hong Kong Island, an investor has put 34 parking spaces on sale for about \$12.9 million, according to a report last week in the Ming Pao newspaper.

THE ASSOCIATED PRESS



Celebrated Hong Kong model Lisa S sits in a Porsche at the Beijing Auto Show in this file photo. Where do you park your Porsche in Hong Kong? In a \$167,000 parking space, according to the latest transactions. GETTY IMAGES FILE

Gift cards. Swap site will trade unwanted plastic

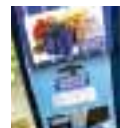
If the idea of regifting never held much appeal for you, take heart: There are dedicated sites that make it easier to part ways with unwanted gift cards.

This holiday season, if you find yourself in possession of a card designated for a restaurant or retailer you don't like or frequent, you can trade it in for a card you do want.

Frances Ho, co-founder and COO of Canadian website CardSwap, said she had an epiphany around four years ago when she found herself with a wallet full of gift cards for specific stores where she couldn't find anything she really wanted to purchase. She sought to pinpoint an easier way to exchange the gift cards for cash or for other cards she'd be more inclined to use.

This Christmas will mark the fourth in operation for CardSwap. Users selling cards have the choice of accepting points which are used to swap for other gift cards, receiving a cheque or being paid through PayPal, said Ho. Individuals can also convert unused gift cards for charitable donations, with CardSwap issuing payment for up

Quoted



"Sometimes, when you receive a gift card, it just may not be the right place for you and so you just want to swap it out for your favourite store or your favourite restaurant."

Frances Ho, co-founder and COO of the Canadian website CardSwap, now in its fourth year of operation.

to 92 per cent of the face value.

"I think when you give a gift card out, the thought is there already; and if it isn't the correct gift card, I think the person that gave it to you would rather you use it at a place that you would go to and really enjoy," she added.

"The point of giving a gift card is so that a person is able to splurge a little or treat (themselves); so I think it's perfectly fine to swap it for something you're actually going to use." THE CANADIAN PRESS

Auto industry

Feds usher in new emission rules

On the eve of global climate talks that will put Canada's contentious policies under the microscope, Ottawa has introduced its next set of rules to cut greenhouse gas emissions from cars and light trucks.

Under regulations proposed Tuesday, vehicles built between 2017 and 2025 must cut emissions by an average of five per cent a year, every year. Environment Minister Peter Kent said that should cut annual gas costs by about \$900 per auto. THE CANADIAN PRESS

Business jets

Bombardier nets plane order worth up to \$7.8B

Bombardier has made the biggest sale of business aircraft in its history with a deal to provide up to 142 Global aircraft to private European luxury charter company VistaJet in a transaction potentially worth up to \$7.8 billion US.

THE CANADIAN PRESS

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JUST SAYIN'
Paul Sullivan
metronews.ca

half right. I'm tempted to clarify, but that usually leads to more misunderstanding.



Former Ford Nation Chief
TORSTAR NEWS SERVICE

There's an epidemic of misunderstanding going on.

Why, just the other day, I was misunderstood by a reader who called me "rich" and "arrogant." He was, at best, only

At least I'm not alone. If I think I'm misunderstood, what about poor Rob Ford, the mayor of Toronto? He tried so hard to make everything simple, for example, characterizing the complex problems of transit in a North American megacity as "the war on cars." And what thanks does he get? Booted out of office for conflict of interest around his football association, that's what.

It's not his fault. It's those leftists like lawyer Clayton Ruby who fail to understand that he's a simple man of the people who doesn't get conflict of interest and all that stuff.

Then there's Justin Bieber, the world's most misunderstood pop tart, who was booed every time he showed his face at the Grey Cup, even though there were worthy alternative targets such as Burton Cummings' ridiculous rendition of O Canada. Justin thinks these "haterz" hate the very idea of Justin Bieber. They can't

stand it that some kid made more than \$100 million over the last two years bouncing around the stage to

inane tunes while the rest of us had to work for a living. Real musician Mark Knopfler clarified matters when he sang: "That ain't workin' that's the way you do it. Money for nothin' ..."

Justin just wants to be known as, "like, a nice guy. But I won't take anybody's, like, s-t."

Seems clear to me.

Speaking of Justin, there's Justin Trudeau, yet another victim of misunderstanding. Right at the height of Trudeaumania 2.0 (last week), the haterz (Tories, in this case), ex-hummed a video clip of Justin in Quebec circa 2010 moaning about the state of Canada because of the Albertans "who control our community and socio-democratic agenda." Needless to say, that was misunderstood

in Alberta, but in Quebec, nothing was lost in translation.

What he meant to convey was that "Albertans" was shorthand for Stephen Harper and his gang of neo-Tories, but everybody just misunderstood. I am also tempted to point out that a lot of people don't understand that Stephen Harper is, in fact, from Etobicoke. Like Rob Ford.

Now Etobicoke is going to start complaining that it's misunderstood.

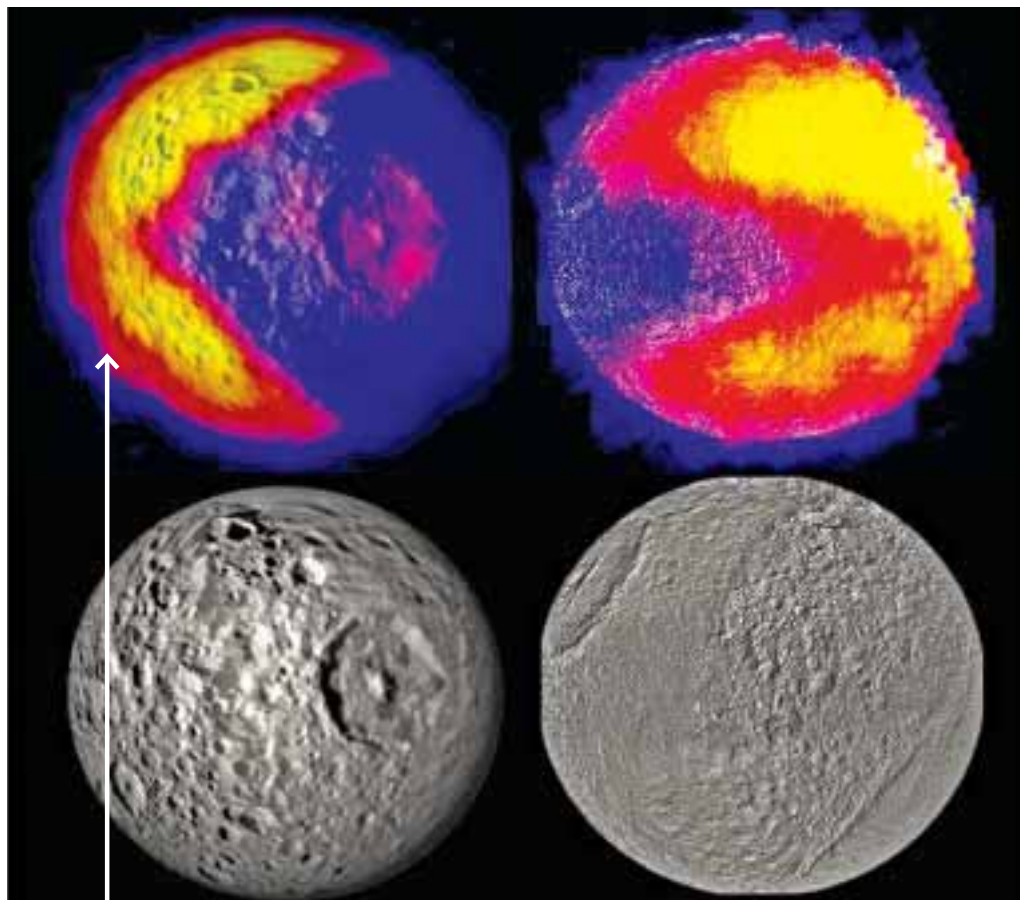
Before that happens, we need to nip this epidemic in the bud. The only thing Rob Ford, Justin Bieber and Justin Trudeau don't understand is that the people (at least the leftists, haterz and Tories) are not fooled. They understand, only too well.

Except when it comes to me, of course.



Trudeau 2.0 THE CANADIAN PRESS

Pac-Man replays on moons



NASA/JPL-CALTECH/GSFC/SWRI

Space exploration

Video game hero spotted in moons

NASA put a man on the moon in the 1960s — a few decades later Pac-Man appears on two of Saturn's moons. Scientists with the Cassini spacecraft mission have identified two features shaped like the 1980s video game icon on moons of Saturn. One was observed on the moon Mimas, left, in 2010

and the latest was observed on the moon Tethys.

These remarkable infrared images measure the surface temperature of the two satellites. In a new report, researchers theorize that this distinctive pattern is the result of high-energy electrons colliding into low latitudes on the forward-facing sides moons as they orbit around Saturn. This bombardment transforms the normally "fluffy" surface into hard-packed ice, NASA said. METRO



Screenshot of the 1980 arcade game Pac-Man. NAMCO

Temperature

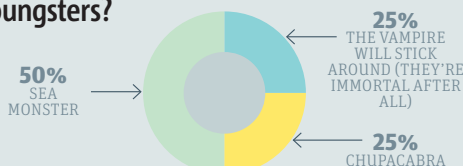
-185

degrees Celsius is the warmest temperature recorded on the surface of Tethys in data obtained on Sept. 14, 2011. Daytime temperatures inside the mouth of Pac-Man were seen to be cooler than their surroundings by 1.6 C.



Register at metropolitanpanel.ca and take the quick poll

Now that the Twilight saga is over, what creature is set to capture the attention of the next generation of impressionable youngsters?



Twitter

@becky_maher:

Hitting all reds on veterans memorial<<<<<<< #losingit #roadrage #LdnOnt

@kenthezen:

Just keeps on rockin in the free world! #ldnont #LifeLessons

@MelizzyFoShizzy:

Man with BMW license plate "mylovr" gets out of car, opens trunk, starts playing with mouse-trap. Just another Tuesday at #WesternU

@lisajordanw:

I don't order what I want anymore at #westernu Tim's. Hospitality services staff can't handle anything beyond a regular coffee

@spankules:

Oh yeah, I was going to get a flu shot. Hope it's not too late now. #ldnont #flupocalypse

@__ashleyrose:

I need to find cheap yoga classes in #ldnont...

James Gandolfini plays a foul-mouthed hitman in *Killing Them Softly*. HANDOUT

James Gandolfini: I'm 'like a 260-pound Woody Allen'

Killing Them Softly. Hard to erase memories of Tony Soprano in new film



IN
FOCUS
Richard Crouse
scene@metronews.ca

Tony Soprano was one of the most recognizable television characters of the last decade, yet the man who breathed life into him, actor James Gan-

dolfini, says, "I never think about him, ever."

He may not, but audiences do. It's difficult to see the burly actor in any other role without thinking about the troubled gangster he played on 86 episodes of *The Sopranos*.

This weekend, he plays a foul-mouthed hitman in *Killing Them Softly*, opposite Brad Pitt and Ray Liotta. Despite his powerful presence, the role likely won't do much to erase memories of Soprano.

The New-Jersey-born actor first earned notice playing — you guessed it — a hitman in Tony Scott's *True Romance*.

Similar roles in movies like *Get Shorty* followed, but Gandolfini says he is nothing like the tough guy characters he so frequently plays.

Even though he once earned a living as a bouncer (he also delivered seltzer for a company called Gimme Seltzer) and has repeatedly unlocked a wellspring of rage on screen, he says, "I'm a neurotic mess. I'm really basically just like a 260-pound Woody Allen."

Perhaps that's what he tapped into when he voiced Carol, the impulsive creature in *Where the Wild Things Are*.

It's a sensitive performance

that shows off Gandolfini's softer side. He does go on a "wild ruckus," but at least he doesn't shoot anybody.

In fact, we may soon see less and less of his badass side. "I'm getting a little older, you know," he says. "The running and the jumping and killing, it's a little past me."

In the dark indie *Welcome to the Rileys* (directed by Jake Scott, son of Ridley) he's unarmed, playing a troubled businessman whose life unravels when he befriends a stripper, played by Kristen Stewart.

In the Loop, a wild satire of British politics, saw Gandolfini

take a detour into comedy, but his strangest movie came in 2010. *Mint Julep* was made in 1995 after Gandolfini had appeared in *Terminal Velocity* and *Crimson Tide*, but because of money issues it wasn't released until after *The Sopranos* was off the air. Noticeably thinner, and with more hair, he plays a perverted landlord opposite David Morse.

Yet another side of the actor can be seen in *Alive Day: Home from Iraq*, a documentary in which he interviews injured Iraq War veterans about the physical and emotional costs of war.

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Life goes on After the Rose for Brad and Bianka

The Bachelor. Runner-up Whitney returns for final episode

Last week, Brad Smith made his choice on The Bachelor Canada. He proposed to Bianka, who eagerly accepted the rose. The 29-year-old registered nurse beat out 24 other women for a shot at marital bliss with the ex-CFL football player.

But what happens After the Rose? A peek behind the fairy tale romance can be seen Wednesday night in an hour-long final episode of the Citytv reality series. The episode was taped a few weeks ago before 300 fans at the picturesque, seaside town of Sidney, B.C. It had been two months since Brad had actually proposed in Barbados. The two had not been allowed out in public together since then for fear of tipping off viewers. Their only contact, they both said, was through Skype.

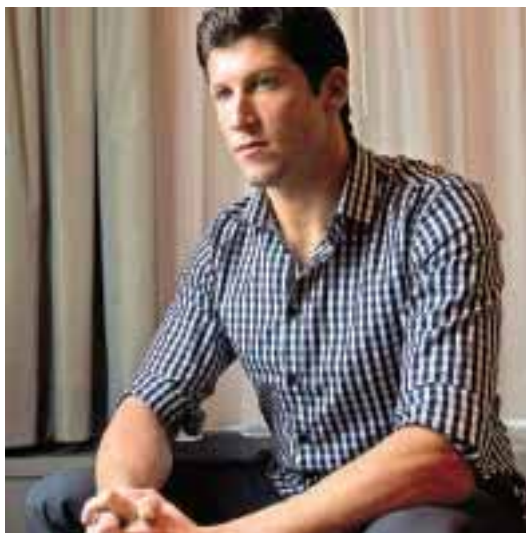
"I've already tried to marry her," Brad reveals right after the taping. He tried to convince Bianka to elope with him.

"To actually have a normal life, far from all this cloak and dagger stuff, would be awesome," said Smith, 29.

The two lovebirds seemed quite affectionate during and after the taping. Bianka marvelled at how much they have in common. They agree on everything, she says: "the favourite beer, the favourite wine, the favourite sandwich at Wendy's."

Suggestions that you can't find the love of your life over the course of an eight-week reality show were waved off as so much heard-it-before cynicism.

"To have an organic relation-



Bachelor Canada star and former CFL wide receiver Brad Smith poses for a photograph in Toronto on Sept. 26. NATHAN DENETTE/THE CANADIAN PRESS FILE

ship from that experience is impossible, yet we have it," says Smith. "It was a TV show, yet it was so friggin' real."

Things can, however, get a little thorny after the rose. Smith says he was nervous coming face to face one last time with the turbulent runner-up, Whitney. The contestant from Calgary quickly became the villain of the series with all her "Brad's mine!" comments to the camera.

She's back and all glammed up for Wednesday's final confrontation. Smith doesn't exactly welcome her back. Instead, he does a lot of finger pointing. "I wanted everybody in Canada to see what I had to deal with the past four weeks," he said after the taping.

"She has a severe ability to jumble things up; it's truly frus-

trating to be around, especially when you just want an answer."

The studio audience gets into what shapes up to be a Springer moment. You half expect to hear cries of "Jerry! Jerry!"

"She's a polarizing figure, there's no question," says host Tyler Harcott, who referees the session, at times almost acting as if he was Whitney's therapist. "She brought a lot of that on herself. Unfortunately, she painted herself as the villain."

What worries Harcott is how the rep will follow the 24-year-old administrative assistant.

"The Twitter world, the Facebook world, that part breaks my heart," says Harcott. "I don't think people realize that these people aren't actors, they go to the coffee shop like the rest of us." **THE CANADIAN PRESS**

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Brad Pitt and Angelina Jolie

Pitt and Jolie: Finally getting hitched?

Brad Pitt and Angelina Jolie may be finally making good on their engagement and getting married sooner rather than later.

"I am getting more pressure from my kids, and it is something I want to do within their lifetime," he tells reporters at the Killing Them Softly premiere, according to Hollyscoop.

"But I also feel like the

time has come. The time is now. It's soon. I got a good feeling about it."

And Pitt admits it's not just pressure from the kids that has him eager to tie the knot.

It turns out he's into the idea as well: "We've had a family, we've raised the kids. I am surprised how much [marriage] meant to me once you had that," he says.

Twitter



@TheRealRoseanne
my deviled eggs are the best



@jason_mraz
yoga makes me fart.



@EvaLongoria
And the tree is unloaded and UP!



@SarahKSilverman
There should be an age limit on wearing those zig-zag Charlie Brown T-shirts

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Today in celebrity lawsuits



THE WORD
Dorothy Robinson
scene@metronews.ca



Celebrities. If they aren't getting divorced, they're getting sued. Here's a breakdown of the latest legal woes of your favourite stars.

While Halle Berry is hoping to make her temporary restraining order against ex Gabriel Aubry permanent following his bloody Thanksgiving row with her fiancé, Olivier Martinez, Aubry himself is reportedly seeking legal protection, according to TMZ. In his legal declaration following the incident, Aubry claims that Martinez threatened his life and used intimidating language the day before the fight, during a school play featuring Nahla, the daughter Berry and Aubry share. Aubry has been granted a restraining order of his own against Martinez.

The lawsuits just keep coming for Kevin Clash, the beleaguered ex-voice of Elmo. He's been slammed with a third accusation of having sex with an underage boy a week after a similar allegation prompted him to resign from Sesame Street. A man identified only as John Doe alleges Clash engaged in oral sex and other sex acts with him when he was 16 years old. The suit, which was filed Tuesday in U.S. District Court in Manhattan, seeks at least \$75,000 in damages, per Reuters.

A Katt Williams fan isn't just brushing off a terrible performance by the comedian — he's suing the star on

behalf of everyone who had to witness it. This week, Brian Herline of Modesto, Calif., filed a class action lawsuit against Williams and Live Nation on behalf of the audience members who attended a Williams show at Oakland's Oracle Arena earlier this month. The San Francisco Chronicle reports that Williams went bonkers 10 minutes into his set, taking off all of his clothes and then challenging people to fight (sounds watchable to me). The gracious Herline is seeking class-action certification in an effort to get ticket money back for all audience members.

It's been a bad week for Justin Bieber. First, he was booed by a bunch of football fans for his halftime performance at the Grey Cup on Sunday, and now he has been hit with a \$9.2 million lawsuit brought against him by Stacey Wilson Betts. Betts claims she lost her hearing "by a sound blast that exceeded safe decibel levels" at a Bieber concert two years ago. Two years is a long time to wait to file a lawsuit. Even fishier? She's representing herself. Bieber and his lawyers asked for the case to be dismissed, stating that Betts has a "failure to state a claim upon which relief can be granted," which is legalese for "girlfriend is crazy."

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With Barack Obama back in the White House and Abraham Lincoln in movie theatres, we thought it was time to immerse ourselves in Chicago — a city with historic ties to both presidents. We visited Lincoln Park, Bucktown and Wicker Park to give you this best friend's guide to the north side of the city

METRO NEWS
life@metronews.ca

Dishing deep on Chicago

Bucktown and Wicker Park

Located west of Lincoln Park, both neighbourhoods have seen a resurgence in recent years as established residents and young families mix with students and hipsters. Before you start exploring, grab lunch at Big Star (1531 North Damen Ave., bigstarchicago.com), a whiskey and taco eatery just past the Damen L transit station. Across the street from Big Star is The Violet Hour (1520 North Damen Ave., theviolethour.com). The lounge has a nearly hidden entrance and speak-easy feel. A house rule helps to achieve this — cellphones are left at the door! End your day by grabbing dinner at The Bristol (2152 North Damen Ave., thebristolchicago.com), an award-winning Bucktown restaurant. GQ named the eatery one of the 10 best new restaurants in America, and with its extensive wine list and seasonal-based creations, it's easily worthy of the title.



GQ named The Bristol one of the 10 best new restaurants in the U.S., so it's worth a visit if you find yourself in Bucktown. SUBMITTED



The Hotel Lincoln: Does it remind you of Moonrise Kingdom? SUBMITTED

Presidential digs

Stepping into the Hotel Lincoln is like walking onto the set of a Wes Anderson movie.

The Midwest meets New England with golden yellows, foresty greens and a sense of quaint nostalgia reminiscent of the director's Moonrise Kingdom.

A number of the rooms feature curtains that open like the flaps of a tent, and patterned carpeting guides you through the hallways and suites. While it underwent extensive renovations before being opened by hotel operator Joie de Vivre early in 2012, the 12-storey building still retains its historic edge. The 184-room Lincoln has the feel of a boutique hotel with whimsical touches — like an eclectic wall of pictures and paintings leading from the lobby to the second floor, and a reception desk clad in drawer fronts. On the rooftop, an all-season bar offers sweeping views of Lake Michigan, North Avenue Beach and downtown Chicago. Off the lobby is Perennial Virant (perennialchicago.com), offering a seasonal menu and featuring pickled and canned ingredients purchased from local growers. (1816 North Clark St. jdvhoteles.com.)

Online

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choosechicago.com



Lincoln Park

Before leaving Hotel Lincoln, grab a coffee from Elaine's Coffee Call. Located off the lobby, the small café is named after a former hotel telephone operator, who at night would call up former hotel mainstay and famed playwright David Mamet to see if he wanted an evening drink. The walls of Elaine's

are covered with multiple layers of dog-eared wallpaper made even more interesting with coffee beans rubbed onto them with a brick. It makes the place feel well-loved, well-used and timeless.

Across the street from the hotel is Lincoln Park, a more than 1,200-acre retreat from the city nestled on the edge of Lake Michigan. Locals stroll and jog through the

more than 25 kilometres of trails in this urban get away. Near the park centre is Lincoln Park Zoo (lpzoo.org), a free facility featuring a menagerie of creatures, from sea lions to land lions. The animals are like an extended family for locals, who can stroll through at any time and watch as the babies — including two recently born gorillas — grow up.

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3 LIFE



Jeremy Charles, owner and executive chef of Raymonds, gets busy in the kitchen. THE CANADIAN PRESS

Eat your way around the Rock

Foodie boom. Oil money and the fascination with celebrity chefs has put N.L. on the map as a tasty destination

New Year's Eve at Raymonds Restaurant in St. John's, N.L., will feature a luxurious 12-course tasting menu of sea-

food and wild game crafted by celebrated chef Jeremy Charles.

Each dish is based on a walk-in-the-woods theme and will showcase flavours from throughout the island, paired with wines from around the world.

The price?

A bell-ringing \$325 per person, including the wine, tax and tip.

A more typical dinner for two at Raymonds — think Cornish hen with foie gras jus

or pan roasted cod with Jerusalem artichoke puree — will top \$300 with an appetizer and dessert, depending on which wine you choose from a 42-page list. Bottles range from about \$40 to more than \$2,000.

It's still a surprise to many people from out of town that fine dining of this calibre not only exists but thrives on the Rock. And while Raymonds is the jewel in this city's culinary crown, it's in fine company with a growing list of restaurants that increasingly delights globe-trotting food lovers.

The offshore oil boom has brought new visitors, executives and wealth to a province famous for its kitchen parties and culture of hospitality.

"Europe, Scandinavia, Japan. People are coming up from all over," said Charles, a soft-spoken and unassuming wizard in chef's whites.

Raymonds, named for his grandfather and the father of restaurant manager and sommelier Jeremy Bonia, was chosen Canada's best new restaurant last year by Air Canada's enRoute inflight magazine.

"I think we take a fairly simple approach with ingredients," Charles said. "We try to forage and source all local Newfoundland ingredients and, if not, Canadian."

Those basic elements include the freshest seafood, moose, rabbit, duck and lamb — grazed in summer on salt grass islands in the North Atlantic — that he infuses with French, Italian or whatever modern twists inspire him.

Charles refined many of those techniques during the decade he spent away, cooking for the Molson and Bronfman families at a remote fly fishing camp in Quebec, and working as a private chef in Chicago and Los Angeles.

"Not everyone's expecting to see such food, I guess, in St. John's. But it's great to be a part of this whole food movement and I think we really have come a long way in the past few years," he said.

"A lot of people are pushing themselves to put out wonderful products and we're so proud of what we have here. We're so excited to share what we have with the rest of Canada and the world."

St. John's-based food writer and critic Karl Wells said Raymonds is worth every dollar for those who can afford it, and it seems there are many who can. Reservations in high season are recommended weeks in advance.

"It wasn't that long ago that I wrote a column being critical of a particular restaurant here that was charging \$40 for an entree. Well, I mean, that sounds kind of silly now," Wells said.

Word is spreading about the quality and quantity of Newfoundland eateries, in a range of prices and tastes from Mexican to Indian to the Japanese fusion of Basho Restaurant and Lounge.

The excellence of down-home pub food has been honoured too. The Duke of Duckworth in St. John's, best known for its fish and chips and its recurring role on the hit CBC-TV show Republic of Doyle, was ranked 10th on this year's Vacay.ca list of Canada's top 50 restaurants.

And there's no shortage of places to find modern twists on traditional favourites such as Jiggs dinner (boiled salt beef with carrot, cabbage, turnip, pease pudding and potato), figgy duff raisin pudding and desserts made with indigenous blueberries, partridge berries and bake-apples.

Award-winning creations also abound at the Newfoundland Chocolate Company.

Wells traces the local food revolution in part to the rise of celebrity chefs and their myriad cooking shows. That media-driven foodie craze has generated a wave of new and ambitious chefs now making their mark in culinary competitions and at the helms of their own restaurants.

THE CANADIAN PRESS

If you go...

For info on where to eat:

- Visit. newfoundlandlabrador.com/thingstodo/fooddining.
- Visit. nl.edining.ca.



Jeremy Charles says people are coming from around the world to eat at Raymonds. THE CANADIAN PRESS



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To wrap or not to wrap this shrimp, avocado and feta combo

Shrimp, Avocado and Feta Wrap



This recipe serves eight. Present it in a wrap or a bowl. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)



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You can substitute baby cocktail shrimp if you don't have the larger ones. Also, be sure to seed the tomatoes first to avoid excess liquid.

Keeping some or all of the shrimp whole makes a lovely presentation. Corn kernels are a nice addition to the filling.

If you are serving these to guests, let them assemble the wraps themselves.

1. Lightly coat a nonstick skillet with vegetable spray and set over medium-high heat. Add the shrimp and grill just until no longer pink, about 3 minutes, turning halfway through. Remove from the heat and let cool slightly. Dice the shrimp and place in a large mixing bowl.

2. Add the tomatoes, avocado, cilantro, red onion, feta, olive oil, lemon juice, garlic, jalapeño, salt and pepper.

Ingredients

- 6 oz raw shrimp, peeled and deveined
- 1 1/2 cups chopped plum tomatoes
- 1/2 cup chopped avocado
- 1/4 cup chopped cilantro
- 2 tbsp chopped red onion
- 1/3 cup crumbled light feta cheese (about 1 1/2 oz)
- 1 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp finely chopped garlic
- 1 tsp finely chopped jalapeño pepper (or 1 tsp hot chili sauce)
- pinch of salt and pepper
- 4 large whole lettuce leaves
- 4 large whole wheat flour tortillas

3. Place 1 lettuce leaf on each of the 4 tortillas and divide the shrimp mixture evenly among the tortillas, spreading it to about 1/4 inch from the edges. Fold in the sides of the tortillas and roll up. Cut each in half and serve. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)**

Drink of the Week

Orange Cosmo Crush

Before the final leaves fall off the trees, celebrate autumn one last time with this fun adult drink that's perfect for parties.

- 15 ml (1/2 oz) Drambuie
- 30 ml (1 oz) orange-flavoured vodka
- Juiced 1/2 orange
- Ice

Half-fill a mixing tin with ice and add Drambuie, vodka and orange juice. Shake until tin is frosted and strain into a martini glass.

**THE CANADIAN PRESS/
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Fall not from your social media slip-ups

Avoid being a Twit.
Take a serious pause before you push that send button

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talentegg.ca

Before you post that picture of yourself doing body shots during your Cancun spring break, I would like to offer you some friendly advice on how potential employers might interpret your online behaviour.

You need to make sure that you are projecting the best possible image to future employers, in case anyone who's thinking about hiring you takes a quick second to Google your name.

People will be assessing what you've posted to see if there are any photos, videos or all-caps-irrational-ranting that raises a red flag about your judgment, awareness or intelligence.

A few common sense tips can ensure that you come across as employable:

Lock it down

The first and most important

commandment of personal social media management is understanding who you are sharing your personal information with.

If you choose to add your professional contacts to Facebook, you can either keep things PG or change your security settings to only allow certain posts to be visible to your professional network.

This involves a certain degree of common sense. Every industry is different in terms of their tolerance for your she-nanigans via social media. For example, if you work at a creative start-up company, your boss's views on your mid-workday posts of cat memes will be different than if you work at a Bay Street law firm. Investigate how your peers or colleagues are using social media, and follow their lead.

Think before you tweet ... about how bad your job is

I've seen far too many catastrophes caused by careless tweets. We've all witnessed heat-of-the-moment tweets about someone's failing love life and epic drinking plans (please, spare us), but I especially urge caution when it comes to social posts about your job.

It only takes one tweet



Assume that anyone and everyone will see your LinkedIn and Twitter accounts, and act accordingly. ISTOCK

along the lines of, "This job is S—and everyone here is a B—" to get you fired.

The same applies if you decide to resign. Take a moment to reflect on how rejoicing publicly about your departure from your current boss, job or co-workers could appear. Perhaps your boss is in fact an evil fascist,

and maybe your co-workers do give new meaning to the word psycho, but griping about work is never a good idea.

Regardless of the situation, it can make you look like a whiner and/or jerk.

Be truthful and consistent

Now that your social profiles

Social savvy

Ditch the cheesy Twitter handle

- I cannot tell you how many times I've seen resumés and email signature blocks that feature outrageously inappropriate email addresses, blog URLs or Twitter handles. You should be showcasing the best possible image to potential employers and @lovemonkey1990 is sending all the wrong messages.
- Sticking to your name is safest, but if you choose to use a nickname, make it something that wouldn't make your grandma blush.

your resumé.

Maintain your personality and use it to your professional advantage

While you might think I would advocate for being a passionless yuppie robot on your social media profiles, that's not the case. Having a life outside of work makes you an interesting, well-rounded person, so maintain your unique qualities and pursuits in full view (as long as your pursuits are of the legal variety).

Remember to take the time to post updates about news and trends related to your industry. This will work to your advantage by showcasing your knowledge and interest in your field to potential employers.

Overall, it's critical that you avoid sharing anything on social media that could give the impression that you lack judgment, are irresponsible or should potentially be thrown in an asylum. Everyone lets their hair down once in a while; just have the good sense not to post the evidence on Instagram.

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A recruiter's guide to the attention-grab

Remember my name. Walk into each interview with an arsenal of successful strategies

KELSEY GOFORTH
TalentEgg.ca

I work as a recruiter, meaning I assist my company in finding people that fit with our company culture, convey a passion for what we do and, most importantly, have the potential to take on the roles that we hire for.

With hundreds of applicants each week and a commitment to speak to each and every one of them, I have been exposed to both outstanding as well as disappointing job seekers.

Each day, I conduct phone interviews where I speak to a handful of impressive applicants.

They answer the phone excited about the prospect of a new position and relay back to me information they researched about the company, asking for clarification along the way.

Unfortunately, they are the minority. Most applicants have neglected to do so much as a quick Google search about the company. They answer the phone, neither thanking me for getting in touch with them nor displaying any interest or excitement about what I'm telling them.

A surprising number of people fail to follow simple guidelines, severely lowering their likelihood of getting hired. These are my top three tips for how students and recent grads can impress recruiters like me:



Take the time to think for a moment before you speak and prepare a concise answer to the question asked. ISTOCK

Squeeze out a smile

"Whether the interview is for your dream job or just to make some money during your summer holidays, show some enthusiasm."

Kelsey Goforth

Be enthusiastic

If you are being contacted by the company you applied with, you should be quite grateful. I have applied to dozens of jobs over the past few years and never got so much as an email thanking me for my application for most of them. If a company has taken the time to contact you and give you a chance, be

excited! Whether the interview is for your dream job or just to make some money during your summer holidays, show some enthusiasm.

Know why you want this particular job

Take the time to research the company and position. Having some background knowledge will make your interview go much more smoothly. The more you know about a company's history and objectives, the more likely you will be able to connect yourself and your experiences to the role you are applying for.

Make connections

To get an interview started, I often ask applicants to tell me a bit about their work experience. Oftentimes, they

rhyme off their past few years of work without actually telling me the most important part of these experiences. Take the time to point out specific responsibilities you had or skills you developed through the jobs you held.

Saying you had a customer service job is far more impressive if you add in the fact that you were able to sharpen your communication skills and your ability to stay focused under pressure, or that you often assisted management with more advanced duties, such as ordering new merchandise.

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Student voice

So much more than a certificate on the wall

May Yu
Graduate
Bachelor of Business Administration
Simon Fraser University
TalentEgg.ca

At the end of my five years at Simon Fraser University, I received a bachelor in business administration and honours in marketing and management information systems. It was very exciting, and the certificate is proudly displayed in my parents' den. But that is not definitive of my time at SFU. Instead, the out-of-classroom elements, including three co-ops, case competitions both local and abroad, an academic exchange at Tsinghua University in Beijing and a community development internship in Brazil, have defined my past five years. It is those elements of my university experience that have made me more competitive in the business world and allowed me to secure a role with Procter & Gamble one year prior to my graduation.

What I'm doing now

After I signed with P&G in November 2011, I graduated from SFU in April 2012 and travelled to Southeast Asia with my friends, followed by a two-month volunteer internship via SFU AIESEC, a student-run exchange group, in the south of Brazil. I am now working at P&G Canada in Toronto as an assistant brand manager.

My advice for employers, schools and career centres

For business students attending school on the west coast who are looking for careers in eastern Canada, it will be more of a challenge, as not all prospective companies actively recruit on the west coast. However, that allows students who are more



May Yu PROVIDED

engaged in the job-hunting process to step outside of the typical recruit process and actively seek for informational interviews/referrals from their networks such as alumni, career centres, and past co-op employers. I encourage employers, career centres, and schools alike to bridge the recruitment gap and ensure that the west coast is represented when the Ontario-based companies go through their annual recruits. Schools with strong alumni networks, co-op programs and formal recruits with job postings/deadlines will really help prospective grads focus their energies on companies which are actively recruiting.

My advice for students

When I reflect upon my past five years, co-ops and case competitions have undoubtedly honed my career-oriented acumen and skills. However, my most memorable experiences would be my exchanges. From my exchanges in China and Brazil, I have emerged as more of a global citizen, with a better understanding of myself and where I want to be. I made friends with people from across the globe, I learned a new language, a new culture and I made an impact with those who I volunteered with.

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Seguin isn't just punching the clock in Switzerland

Hockey. Locked-out forward finds new gear in Swiss League

It is awfully hard to miss Tyler Seguin these days.

Not only is the locked-out NHL forward tearing up the Swiss hockey league, he's doing it in style. Seguin stands out among his EHC Biel teammates on the ice because of the bright yellow helmet he wears — an honour bestowed on the top-scoring player for each team in Switzerland.

The 20-year-old has been an offensive force with 20 goals in 20 games, making him the most productive NHLer plying his trade in a league that includes Jason Spezza, Joe Thornton, Rick Nash, John Tavares and Logan Couture, among others.

In fact, Seguin has even managed to exceed his own expectations so far.

"I had no idea what to expect when I came to Switzerland," he told the Tages-

By the numbers

3

Tyler Seguin has scored three hat tricks in his first 20 games with EHC Biel.

Anzeiger newspaper recently. "The league is very competitive — the speed and the talent level of the players has surprised me. It took me some time and effort to get used to it."

The trip abroad has also come with new opportunities. After seasons of 22 and 67 points with the Boston Bruins, it was reasonable to expect that Seguin would have made another leap forward during his third year in the NHL.

However, he likely wouldn't have been relied upon by Boston as much as he is in Biel, where he's been used in virtually every situation. Over the weekend against Bern, he blocked a shot while killing a penalty and scored on a short-handed breakaway.

Seguin has seen virtually no time on the penalty kill dur-



EHC Biel's Tyler Seguin takes the ice for a game against the Rapperswil-Jona Lakers on Sept. 29 in Biel, Switzerland.
PETER SCHNEIDER/KEYSTONE/THE CANADIAN PRESS/THE ASSOCIATED PRESS

ing his young NHL career and made reference to his new role on Twitter on Monday: "Got a short handed goal the other night. Wonder if @NHLBruins will see it. #blockshots"

The time away could really

benefit Seguin if the lockout is brought to a resolution and a compressed regular-season schedule begins quickly. He's clearly in game shape — something many NHLers won't be.

Seguin was one of the first

players to sign in Europe once the work stoppage came into effect back in September. Asked by Swiss journalists recently why he chose Biel, he replied: "I just wanted to play hockey."

THE CANADIAN PRESS



London's Kyle Platzer, left, leans on Rangers forward Radek Faksa, who tips a puck towards Knights goalie Kevin Bailie in Kitchener on Tuesday night.
DAVID BEBEE/WATERLOO REGION RECORD

OHL. Tierney leads charge as Knights' win streak reaches a dozen in Kitchener

Chris Tierney had three points and Kevin Bailie stopped 39 shots as the London Knights ran their winning streak to 12 games by beating the Rangers 3-1 on Tuesday in Kitchener.

Tierney had two goals and an assist for the Knights (20-5-2), while Nikita Zadorov also had a goal and an assist.

Domenic Alberga replied for the Rangers (16-8-2).

John Gibson turned aside 29-of-32 shots in the loss, only Kitchener's second at home this season that snapped their modest two-game winning

Tuesday's game

3

Knights

1

Rangers

streak.

Zadorov started the scoring with just 0.9 seconds left in the first period, slipping by a couple defenders before roofing a shot over Gibson.

The Rangers got that one back at 8:50 of the second period when Nick Czinder's wrap-around was stopped by Bailie, but the rebound bounced off Alberga and in.

Another late-period goal hurt the Rangers, as Tierney batted Zadorov's centring pass out of mid-air and past Gibson with 1:28 left in the second.

Tierney scored his second of the night near the midway point of the third, tipping Kevin Raine's shot after the Knights killed off an Alex Broadhurst penalty. THE CANADIAN PRESS

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Hockey

Top Blue Jackets prospect out for season with shoulder injury

Ryan Murray is expected to miss the rest of the season with a shoulder injury, delivering a blow to Canada's world junior team.

The 19-year-old Everett Silvertips captain suffered a torn labrum in his left shoulder after taking a hit while playing Victoria on Nov. 16. On Tuesday, it was revealed the injury will require surgery that will sideline Murray for six months.

The defenceman was the second overall pick of the Columbus Blue Jackets earlier this year and was expected to challenge for a spot on the NHL team as soon as the lockout ended.

He had two goals and 17 points in 23 games for the Silvertips this season.

Murray represented Canada at last year's world junior championship and would likely have been a key member of the team that competes in Ufa, Russia, next month. **THE CANADIAN PRESS**

Argos host rare championship party in Toronto

Victory celebration. Boatmen parade Grey Cup in streets following win over Stamps in title game

Chad Owens danced onstage with his young son while Jalil Carter rode shirtless in the back of a pickup truck sipping from a Tim Hortons cup, and Adriano Belli planted a smooch on Toronto's embattled mayor.

Cornerback Evan McColough arrived late, running to catch up to the parade at Yonge Street.

The Argonauts and their fans celebrated a rare treat Tuesday — a championship party in their own backyard.

And all the crazy antics culminated with the common refrain of "Repeat!" from



Toronto Argonauts defensive tackle Adriano Belli hoists the Grey Cup during a victory celebration in Toronto on Tuesday.
NATHAN DENETTE / THE CANADIAN PRESS

a CFL team and its fans that could certainly get used to winning.

"All the ups, the downs, the stretches we went through, when we lost five out of six

games, just knowing that we stuck together, persevered through and never lost sight of our dream and our goal and we made it through," said Owens, the slotback who won the league's most outstanding player award this season.

"It's so special. The 100th Grey Cup. In our city. Never going to forget that."

The Argonauts paraded the venerable trophy through downtown Toronto, arriving at Nathan Phillips Square to a festive lunchtime crowd of several thousand to celebrate Sunday's 35-22 victory over the Calgary Stampeders in the 100th Grey Cup.

Fans — clad in jerseys and tuques in the Argos' double blue — lined the streets and packed into the square in celebration of the city's first championship since 2004, which was also won by the Argos. **THE CANADIAN PRESS**

MLB

Jays reliever has successful surgery

Toronto Blue Jays reliever Casey Janssen has undergone successful right-shoulder surgery and is expected to be

ready for spring training. Janssen, 31, had the surgery Friday in Los Angeles to repair lingering joint soreness, the team said.

Janssen converted 22 of 25 save opportunities this past season.

THE CANADIAN PRESS

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The 2013 Fiat 500 Turbo



ALL PHOTOS WHEELBASE

Engine

The base 500 hatch and Cabrio operate with a 101-horsepower 1.4-litre four-cylinder MultiAir engine and standard five-speed manual transmission. For 2013, the engine has been tweaked to produce 6.4 l/100 km in the city and 4.9 on the highway using premium fuel.



The 500's engine

2013 Fiat 500 Turbo

- **Type.** Two-door, front-wheel-drive, sub-compact hatchback
- **Engines (hp):** 1.4-litre DOHC14, turbocharged (135)
- **Transmission.** Five speed manual
- **Base price (incl. destination).** \$22,600

Design

The Turbo arrives with plenty of add-ons, including a distinctive nose and rear end (similar to the Abarth's), unique bodyside trim and alloy wheels. Along with a sport-tuned exhaust, the transmission, suspension and braking system have been beefed up to better handle the mushy handling traits.

Transmission

Keep in mind that the Turbo copies the Abarth's manual-transmission-only requirement, so if you're averse to giving your left foot and right arm a workout while driving, the decision has already been made for you. For the record, the Turbo's fuel consumption numbers are 7.1 l/100 km city and 5.7 highway.

Review. 500 is perfect for small car fans on a budget seeking quality

MALCOLM GUNN
Wheelbase Media

Chrysler-Fiat's Italian-bred sub-compact finally appears to be gaining headway with small-car shoppers.

That should become even more in evidence with the recent arrival of the Turbo that rounds out a four-model 500 lineup, which already includes a base 500, 500c Cabrio convertible and performance-focused 500 Abarth. Making its presence felt on the North American auto-

motive stage has been challenging for the two-door 500, especially when compared to other more iconic and established makes, including its Mini Cooper nemesis.

The frugal 500 family still has some kilometres to go before reaching icon status in North America. In most cases, its youthful buyers have only minimal knowledge of the Fiat marque.

However, the fiat's quality has been proven over time and bridging the gap between base and Abarth is the new 500 Turbo. As the name implies, its 1.4-litre engine is also turbocharged, but has been detuned to 135 horsepower and 150 pound-feet of torque. That's 25 ponies less than the Abarth, but the \$22,600 Turbo model

also costs \$3,000 less, which is fair.

Also note that the Turbo and the Cabrio are within \$1,000 of each other, allowing you to choose between top-down summer fun or extra performance for roughly the same money. Hmm, decisions, decisions. The Turbo also comes with sporty-style bucket seats and fancier trim, while climate control, voice-activated navigation system, leather-covered and heated front seats and a Beats by Dr. Dre audio package are optional.

For small-car fans with champagne tastes on a beer budget, the 500 Turbo should manage to deliver some extra kick and give Fiat fans a more stylish way to get from A to B.

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Horoscopes

Aries

March 21 - April 20

You will get plenty of advice over the next 24 hours, some of it good and some of it bad. How do you know which is which? By listening not to other people but to your own inner voice. It knows all the answers.

Taurus

April 21 - May 21

The more you feel the need to prove yourself, the more care you must take when dealing with people whose opinions may be very different to your own. Say the wrong thing and it could impact you financially.

Gemini

May 22 - June 21

Even if you are one of those rare Geminis who tries to avoid the limelight, all your instincts are telling you to put yourself out there and get noticed. Do something out of the ordinary, something that makes a lasting impression.

Cancer

June 22 - July 23

There seems to be a lot of resentment in your mind but there is no point being angry with people for what they have said because they can't un-say it. It's up to you to put it behind you. Move on.

Leo

July 24 - Aug. 23

You will say something that is less than positive about a friend today but there is no need to feel guilty about it because it's the truth. A few choice words are just what they need to set them straight.

Virgo

Aug. 24 - Sept. 23

You don't have to be ruthless but the Lunar Eclipse warns you do have to protect your interests. Someone who envies your success will try to undermine you today. You know who they are. Deal with them severely.

Libra

Sept. 24 - Oct. 23

Tell the truth as you see it today, even if you know it is likely to offend someone you are fond of. It is important that they can see things from an alternative point of view. Without it they'll make a huge mistake.

Scorpio

Oct. 24 - Nov. 22

The planets warn that anyone who approaches you with a money-making idea over the next 24 hours is not to be trusted. The more enticing it sounds the more likely it is you will lose your investment. Give it a miss.

Sagittarius

Nov. 23 - Dec. 21

It's not easy to turn the other cheek when someone hurts you but you would be wise to today. If you get drawn into a dispute it will escalate quicker than you expected, so give revenge a miss.

Capricorn

Dec. 22 - Jan. 20

Avoid getting involved in anything that others might see as deceptive or crooked. Facts often mean less than impressions, so don't let people get the impression that you are up to no good.

Aquarius

Jan. 21 - Feb. 19

You are on the right side and nothing anyone can say is going to change your mind. That's fine but be aware that too rigid an outlook limits true understanding. Being right isn't everything.

Pisces

Feb. 20 - March 20

If you don't feel up to going out with your friends, just let them know you need some time to yourself. The Lunar Eclipse makes this the kind of day when you want to hunker down and stay inside your own four walls. **SALLY BROMPTON**

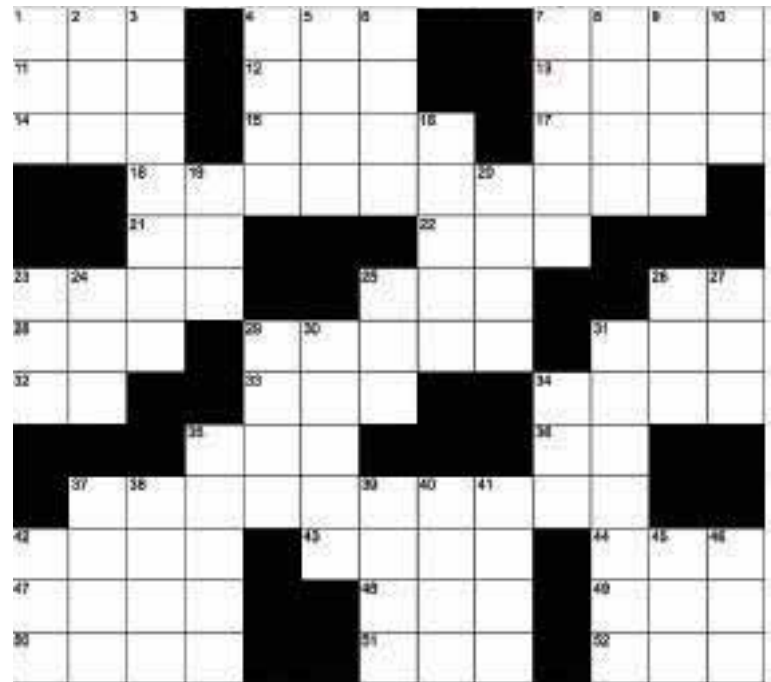
Crossword

Across

- Angry
- Fishing need
- Charmed actress McGowan
- Spring month (abbr.)
- Desperate Housewives star Longoria
- Role for Hal Holbrook in Evening Shade
- Average grade
- Flying (prefix)
- Transmit
- Filling out an envelope
- Just Shoot —
- Preserve fruit
- Baldwin of 30 Rock
- The Joy Luck Club author
- Post script (abbr.)
- According to
- Dole out
- Ocean
- Baronet
- In tune with the latest fashion
- Ollie's partner
- Found on the farm
- Night time medical drama
- Clean our teeth with this
- Abuse
- Without
- Exclamation of surprise
- Sword
- Author of "The Raven"
- Mate for woman
- Barracks food hall
- Saturday late night skit show (abbr.)
- Pig's abode

Down

- Apple computer
- Mimic
- Romanticist

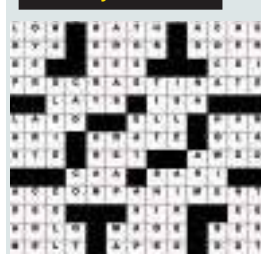


- Peruse
- and above
- Truth or —
- Saran
- Baking need
- "I Never — for My Father"
- Halt
- Fashion designer: — de la Renta
- Christmas mo.
- Perfectly coherent

- NYPD Blue notice (abbr.)
- Allow
- Knock lightly
- Small green veggie
- The Streets of — Francisco
- Take a stab at
- and lows
- Brooks
- Lay down
- Holmes on —
- Pre-record

- Minerals
- Gladys Knight & the —
- Soon
- Stitch up
- Alter a skirt or dress
- The Cat in the —
- "— Given Sunday"
- Neighbour of ND

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

5	4	7	1	6	2	3	9	8
8	6	2	9	5	3	7	1	4
9	3	1	7	4	8	5	6	2
3	1	5	2	7	4	6	8	9
7	8	4	6	9	1	2	5	3
6	2	9	3	8	5	1	4	7
4	7	6	5	3	9	8	2	1
2	5	8	4	1	7	9	3	6
1	9	3	8	2	6	4	7	5

5		7	6					9
			1	8		2		
2					4			
8							5	7
1		5				6		4
3	9							2
			8					6
		4		2	1			
	5				3	7		1



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